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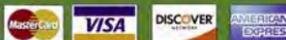
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It's All About Community!

Happy New Year!

We're excited to welcome you to a 2019 that is replete with possibilities! We encourage you to begin each day intentionally focused. Please see the article on the facing page to understand one mom's viewpoint, and consider following her model.

This last year has been one of many changes in our family, as we know it may have been in yours as well. The tragedies in our community have brought out the best in many of us. Being there for others is an important lesson for both sides, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!

This year is the 17th anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2019 is for YOU, dear Reader, Neighbor & Friend. Thank you for your time and support of our advertisers.

God bless you and our troops, *Shellie & Scott*

Forward Momentum

By Ashley K. McCardia

The past is like glue, it tends to latch on and live with us throughout our lives. This is the time of year when many of us hope to scrape the glue off and start clean. The idea is as old as time, and while the intention behind wanting a clean slate isn't malicious; it is much easier said than done.

When our life veers sideways, it's usually easier to unpack and live in that moment day after day instead of pushing past our emotions and finding a way to move forward. What if we chose, instead, to use it as fuel for a more joyful life? When we let the past go and look toward the future, we set ourselves up for a happier, lighter life. I recently found a quote by Mary Englebreit that said,

"Don't look back; you're not going that way."

I think she was onto something. It motivated me to stop hoping for the best and start being deliberate with my choices, my words, and my actions. That is what will create the best possible outcome for this new year and that is what will make us better as people.

As humans, our past is what forms us into who we are. Our childhood, upbringing and life-altering events all mold us in some way. Unfortunately, this includes our past failures or the bad things that have happened to us, much like the tragedy our community suffered last February. It is part of our nature to hold on tight to things and never let go. However, being human also means that we are blessed with free will and can choose our intentions with each new day. Our souls are not tied to the stars like marionettes waiting to be directed and, with a little gumption, any day of the year can be a new beginning.

While it is healthy to have goals and hopes, please join me in making a bucket list instead. Figure out what it is that you want out of your next 12 months and take small steps every day to make it happen. Instead of holding onto blind hope that this will be "the year" in business or in our personal lives, let's wake each morning putting yesterday away and choosing intention and gratitude for another chance to do things right. Each day is a new slate and new opportunity to grow.

I think we will all find that our baggage is much less heavy when we choose to put it away where it belongs and no longer let it define us. 2018 will go down as one for the books for certain, but we are blessed with the opportunity to turn the page and make this year the one where we take control, put our past to rest, and decide to really start living the way we were intended to. No strings, no burdens, ... just a grateful heart and a clear mind.



Publishers, Shellie & Scott Farrugia

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The Smiths Parkland residents for more than a decade, Jared and Tracey are the proud parents of son, Noah, 10, and the family's happy Goldendoodle, Buster.

Noah is very active in Parkland sports and plays left attack on the Stealth Travel Lacrosse team. He also enjoys competing in flag football, basketball, baseball and tennis. Since he was 4 years old, Dad has coached many of his son's teams including football, soccer and baseball.

In the 5th grade at Heron Heights Elementary, Noah's favorite subject is Math. He also enjoys participating as a member of the Hawks' debate team. Whenever there is a competition, Noah and his teammates can count on Mom going over the top to help them! Tracey is regularly an active volunteer at Noah's school, and also enjoys doing Meet the Masters.

Jared is the dynamic CEO of Broward Health Coral Springs. He absolutely loves his role and is passionate about being in a position to help provide the highest level of healthcare for our residents. He is proud to be part of the healthcare community, working closely with incredible physicians, clinicians and team members. He also enjoys working with first responders and our community leaders to enhance our healthcare services.

Tracey has been a labor and delivery nurse for 25 years. She enjoys that she has a chance to share and be a part of very special moments in a family's life.

With decades of history in our area, Jared lived in Coral Springs during high school and graduated from J.P. Taravella. Tracey relocated from Cincinnati and moved to South Florida 18 years ago.

Tracy, who enjoys cooking in her spare time, tells us, "We are often busy with sports on weekends and love being together as a family, whether we are watching Noah play lacrosse or attending our favorite college games." She continues, "Our family loves college football but the house is certainly divided. Jared and Noah love going to the Miami Hurricanes football games whereas Noah and I also love going to the Ohio State Buckeye games."

When he's with Dad, Noah says, "The U," but when he's with Mom, it's all about "O-H-I-O." Tracey and Noah love cheering on the Browns, Bengals, and Cavs.

A warm, loving and active family, the Smiths all agree when Jared says, "We love being with our friends. Over the summer, we have fun traveling and experiencing different cultures. Some of our favorite times have been when we are with families we have met in Parkland."

Tracey concurs, concluding our interview when she says, "We enjoy the true sense of community that Parkland offers, and the friendships we have made over the years. Parkland is a wonderful place to live and is super family oriented. It is safe and has great schools, parks and activities. Noah refers to Parkland as "Kidsville," and loves all the sports and friends he's made."



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The Coral Springs MLK Committee presents

29th Annual Dr. Martin Luther King, Jr. Celebration

Thursday, January 17, 2019

Evening Celebration 7 PM

Coral Springs Center for the Arts, 2855 Coral Springs Drive

"Dr. King Had a Dream So That My Dreams Could Come True"

A musical/drama production by KG Productions & Musical Paintbrush

Tickets are \$5 (Children under 5 are Free)

Tickets available online at
www.CoralSprings.org/tickets.



Friday, January 18, 2019

Business Luncheon

11:30 AM

Coral Springs Marriott, 11775 Heron Bay Blvd, Coral Springs, FL 33076

with Keynote Speaker, Marc H. Morial

President & CEO, National Urban League

Tickets are \$40 per person available at City Hall

and at City Hall in the Mall - or online at www.CoralSprings.org/tickets.

**** 2nd Annual Presentation of MLK Monument Award ****

Monday, January 21, 2019

"It's a Day On, Not a Day Off"

Leadership / Diversity Day for Middle and High School Students

8:30 AM - 1:00 PM

#MeetMeAtTheMonument

in front of the Northwest Regional Library, 3151 N. University Drive

Pre-Registration required through your school



Coral Springs Honors The Dream

Coral Springs is fortunate to have a dedicated cadre of volunteers who have assisted the City of Coral Springs for the past 29 years to host a weekend celebration to honor the life and legacy of Dr. Martin Luther King, Jr. The event history goes back to 1991, when the City Commission responded very favorably to a request from a group of local residents and clergy, that the City consider hosting a memorial event in honor of their fellow clergyman, Dr. King. A group of community volunteers, now formally known as the Martin Luther King Jr. Committee, took on this challenge, and each year since its inception the event has drawn an increasing number of attendees from the tri-county areas of Dade, Broward and Palm Beach. Today the Coral Springs MLK Celebration stands as a nationally recognized occasion.

The weekend festivities have gained a much-deserved level of recognition throughout the years due to the fact that it appeals to every segment within our community including students, teachers, families, senior citizens and business professionals.

In addition to the weekend festivities, the committee equivocally has been recognized throughout Coral Springs for their Martin Luther King Jr. Scholarship Program. The purpose of the Scholarship Program is to provide funds to economically disadvantaged High School Seniors from our local Schools, wishing to attend college or an institution of higher learning/training. The success and continuance of the program is entirely dependent upon the generous contributions of individuals, corporations and non-profit organizations within as well as outside our community.

This enduring community support emerged once again 3 years ago when the community joined together in dedicating a three-dimensional monument in honor of Dr. Martin Luther King Jr. This Monument, which is the first of its kind in the tri-county area, stands tall in its prominent location at the Northwest Regional Library and is visited by hundreds of families and children each day. This Monument has served as an inspiration to young and old alike, and the hope is that it will continue to inspire assemblages throughout the community, particularly with the children within our city, who

could use the site as a focal point for discussions on peace and equality.

This year the Martin Luther King, Jr. Committee will commence their 29th Annual Celebration on Thursday, January 17, 2019 at the Coral Springs Museum of Art with an Award Ceremony honoring student winners of the Annual Art & Literary Exhibits based on the current theme, which is: Dr. King had a Dream: What is your Dream? Following the Award Ceremony, the Committee will host a musical/drama production entitled "Dr. King had a Dream, so that my Dreams can come True" in the theater.

The celebration continues on Friday, January 18th, with an Annual Business Luncheon at the Coral Springs Marriott. This year's luncheon will highlight Keynote Speaker, Marc Morial; Entrepreneur, Lawyer, Professor, Legislator, Mayor, and President of the U.S. Conference of Mayors as well as the President/CEO of the National Urban League (NUL), the nation's largest historic civil rights and urban advocacy organization. The 2nd Annual MLK Monument Award will also be presented at this time to a person, business or organization that exemplifies one of Dr. King's quotes on the Monument.

Lastly, the Committee will conclude the eventful weekend with their Annual "It's a Day On, Not a Day Off" Diversity/Leadership Workshop at the MLK Monument & Coral Springs Charter School on Monday, January 21, from 8:30 A.M-1:00 P.M. At this workshop, both middle and high school students get the opportunity to not only earn volunteer hours, but also enjoy a fulfilling an inspirational morning where they will have the opportunity to work together in multiple group activities that incite an understanding as well as an appreciation for each other and their diverse community.

Please join us at any of these events as the community celebrates our great leader, Dr. Martin Luther King Jr.

For more details, please call Joyce Campos at 954-344-1005, visit www.coral springs.org/MLK or see ad on opposite page.

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Smokin' Hot BBQ!

One of Deerfield's most popular restaurants has recently opened a new location in Coral Springs... And it's all about serving the most delicious barbecue in South Florida! Founded by Pompano native, Jarael Holston, Fat Boyz Barbecue began with his passion and love for smoking mouthwatering meats and creating the sides that complement them best.

A friendly and engaging veteran of the US Army, Jarael says, "The military taught me principles, morals and values that I don't think I could have gotten from any other organization. It has played an integral part in how our business operates." His adventure in food was turned into Fat Boyz when he suggested doing a cook-out at his church. The feedback was so amazingly positive that friends, family and coworkers at his logistics day job insisted that his talent was better invested by serving others. What began as a food truck became the successful location that is the little (1500 square feet) red caboose at 204 South Powerline Rd., Deerfield Beach, across from quiet Waters Park.

Today, that success has grown exponentially and Jarael is excited that their second location at 6192 W Sample Road in Coral Springs has prospered since the doors opened. Located next to Aldi market, the 2800 square foot restaurant will soon feature an area for live entertainment, dancing, televised sports and liquor.

If the food wasn't amazing, people wouldn't be flocking to both locations. Positive reviews are prolific, and

Jarael and his lovely wife Yolanda feel blessed at how quickly the popularity of Fat Boyz has grown. From the moment you enter, you'll be greeted with, "Welcome to Fat Boyz!" Enjoy feeling like a valued guest as you peruse the menu and order whatever tickles your fancy... This place is replete with satisfying choices! Portions for everyone are more than ample, and surprises are abundant. You definitely have to try the corn nuggets! And make sure you ask what else might be available just in case it isn't on the regular menu. We were happy to find that fried okra was being served one of the days we popped in.

Welcome to the family! Chances are good that many of those who are serving you are members of the Holston family, and they will make you feel completely at home. All first responders and military veterans are given special consideration.

The Coral Springs restaurant is open seven days a week, and Deerfield is open every day except for Sunday and Monday. Fat Boyz still has that food truck available for events. Need catering? The Fat Boyz experts look forward to serving their delicious barbecue at any gathering, whether it's just a few friends or a multitude!

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Kicking It!

By Stacy Case

With the winter months comes one of the most heavily-participated recreational sports programs in town.... soccer!

For years, both Coral Springs and Parkland have been offering rec soccer within their respective city limits to thousands of local youth. This year is no different. Both leagues began in mid-November, with much participation once again, and games will finish in the late winter/early Spring.

More than just a game of kicking the ball up and down the field with the hopes of scoring a goal; it's the experience that the players take from their play, season after season, that matters quite a bit. An experienced coach shared his insight on the program. "We've had so many kids play each and every year for so long, so we must be doing something right," says Sean Kavanaugh, whose three children have all played for Coral Springs Soccer over his 13 year coaching stint. "This is just such a successful recreational sports league, mostly because it's so organized." He says it takes a lot of work to put together the program each year, in which placing a varying level of players on each team has always been a priority. End-of-season player evaluations from coaches/league officials aid in this effort to balance all divisions of play.

And while Coral Springs has its players shared between both Mullins Park and Cypress Park throughout its season, Parkland players take to the field at Pine Trails Park for their turn at the game. And as stated by Parkland Soccer Club's President, Doug Cole, who has coached both of his children in that atmosphere for years, "This is a great team sport, and as a Board of Directors, we try to create harmony in order for everyone to have a good season." Cole is supported by about 20 other board members in Parkland, and over its 30 years of existence, he's witnessed the program prosper.

Perhaps it's because the league officials are all on the same page with their mindset to have a fun, safe environment for the soccer players to immerse themselves in, or it may be due to the fact that all on the roster must play at least half of the game. It very well could be a healthy combination of all ingredients. All the while, Doug says it's important for the kids to enjoy themselves.

Both leagues, although the players are on their fields for only about four months, are hard at work throughout the year in order to continue the longevity of recreational soccer within this sports-dense community.



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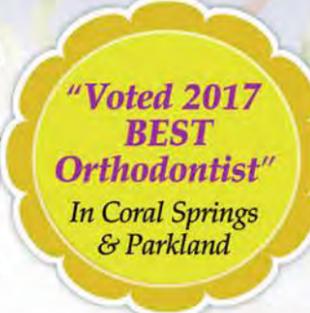
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Our mission is to maximize student achievement and foster the development of responsible, self-directed life-long learners in a safe and enriching learning environment. A tuition Free Public Charter School. Elementary and Middle School. Pre-K3 and Pre-K4 tuition based. For more info, call (954) 255-9740, www.somersetriverside.com. See ad below.

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South Florida's Premier Summer Day Camp! We get your child running, jumping, playing and having a blast all summer long. www.SuperStarsCamp.com or call (954)444-8548.

Special Needs

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Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE
Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

THE FRIENDSHIP INITIATIVE
Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, call 954-753-9430 or www.thefriendshipinitiative.org

Volleyball

SAND TURTLES VOLLEYBALL CLUB
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Parkland P-Rec

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Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

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www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

Aquatic Complex.....	(954)345-2121
City Hall in the Mall	(954)344-1828
Coral Springs Gymnasium	(954)345-2107
Cypress Park Pool	(954)345-2109
Cypress Park Tennis	(954)345-2100
Mullins Park Pool	(954)345-2170
Sportsplex Tennis Center	(954)344-1840
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www.parklandbasketball.com or call the hotline (954) 227-0989.

Cheerleading

PARKLAND CHEERLEADING CLUB
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www.parklandtravelsoccer.com

Parkland P-Rec

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i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only
Soccer - Ages 3 - 12
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www.i9sports.com
954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services(954)757-4105
Field Conditions(954)757-4110
Park Ranger(954)575-1007
Youth, Teen, & Senior Programs (954)757-4129
City Hall(954)753-5040
Tennis(954)757-1910
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Step Right Up! Come One, Come All

to Parkland's annual Family Fun Fest Carnival

The City of Parkland and Northwest Medical Center are proud to present the 2019 Family Fun Fest Carnival held at Pine Trails Park (10555 Trails End, Parkland, FL 33076). Join us for 3 fun-filled days, held January 11-13.

The festivities begin on Friday, January 11th from 6:00 pm to 10:00 pm. With plenty of rides, games, music, and food for the whole family to enjoy. Admission and parking are free. Single ticket purchases are available, or you can get a \$25 wristband on site for unlimited rides all night long!

Get ready for Saturday, January 12th, from 12:00 pm to 10:00 pm as it will be a magical one! Renowned illusionist/mentalist Wayne Hoffman will be performing one of his mind boggling shows starting at 6:00 pm on the Amphitheatre stage. Wayne Hoffman has been featured on America's Got Talent, The Ellen Degeneres Show, and the TODAY Show. His shows are high energy and involve body language tricks, human behavior, and visual magic that will be sure to leave you with your heads spinning. But the excitement doesn't end there, folks. Up next at 8:00 pm the band Franscene will take the Amphitheatre stage. So get ready to rock and roll!

The grand finale of the carnival will be held on Sunday, January 13th from 12:00 pm to 6:00 pm. Don't miss out on all the excitement in your own backyard.

Carnivals are a great place to join your friends, family, neighbors and the local community. Whether it is for the music, the rides, or the food, there is something here for everyone. Take a spin on the ferris wheel and get a great bird's eye view of the Park and surrounding area. Dance along to music played by a live band that will really add to your experience. The food is a nostalgic reminder that we are all just kids at heart. Whether you enjoy a delicious funnel cake or maybe sweeten your taste buds even more with some cotton candy and fried Oreos. There will be all kinds of sweet and savory food items that will appease any kind of appetite. So be sure to come on out for a great weekend of fun with your friends and so much more!

For more information please go to www.cityofparkland.org/FFF, call (954) 757-4105 or see ad to right.



FAMILY FUN FEST

at Pine Trails Park

Friday, January 11th
6:00-10:00pm

Saturday, January 12th
12:00-10:00pm

Sunday, January 13th
12:00-6:00pm

RIDES • GAMES • MUSIC • FOOD

Admission and parking are free.
Purchase a \$25 wristband on site for all day unlimited rides.
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WAYNE HOFFMAN
MENTALIST AND ILLUSIONIST
Saturday - 6:00PM



MUSIC BY FRANSCENE
Saturday - 8:00PM



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The Athlete's Elbow Part 1

By Dr. Howard Gelb

Elbow injuries are common in overhand and throwing sports. Injuries often include golfer's elbow or medial epicondylitis, tennis elbow or lateral epicondylitis and little league elbow or medial apophysitis. Epicondylitis is a microscopic tearing of the tendon of the wrist flexors or extensors at their origin on the sides of the elbow. Medial epicondylitis is characterized by pain on the inner aspect of the elbow while lateral epicondylitis is characterized by pain on the outer elbow. Both types of epicondylitis are caused by overuse, excessive training, improper technique or playing with equipment that is not sized properly. The treatment of tennis or golfer's elbow involves: 1) rest from the offending activity and 2) appropriate stretches and strengthening of the associated muscles of the forearm and wrist. Cortisone injection can be useful for cases that have not responded to the rehab program. However, multiple injections over a short period of time are not indicated due to the side effects of the cortisone. Rehabilitation is the mainstay of treatment for 80% of patients. If a patient fails the above treatment, MRI may be useful to evaluate the extent of the tendon injury. Surgery for lateral epicondylitis can be done open or arthroscopically, and involves the debridement of the tendinosis (damaged tendon). Medial epicondylitis is an open procedure due to the proximity of the ulnar nerve. A relatively new but promising treatment for epicondylitis is PRP (platelet rich plasma injections). PRP shows better long term results than cortisone and actually helps heal the tendon by providing growth factors to the torn tendon. Read next month for Part 2, a closer look at little league elbow.

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Ankle Arthritis

By Dr. Clive C. Woods

Ankle arthritis can occur for numerous reasons. Majority of patients with ankle arthritis have sustained prior trauma, have an inflammatory arthritis, or history of infection as a cause. Multiple treatment options are available for arthritis of the ankle. Determining the ideal option of treatment requires taking into account level of pain, patient factors, alignment of the extremity, and patient expectations. The goal of bracing is to minimize motion across the ankle joint. Support above and below the ankle joint is a necessity. Patients with arthritic ankles often discover that high top boots and shoes are more comfortable. When considering bracing there are many options ranging from over-the-counter lace-up type athletic ankle braces, to a custom-molded ankle foot orthoses (AFO). In the more severe cases, an Arizona brace (lace-up leather brace) is often a good choice because it provides good support of the ankle joint while still fitting in most types of shoes. Quite often however, the shoe needs to be a bigger size to accommodate the brace. Corticosteroids may have a role in the treatment of arthritic symptoms, but are not without risk. They can cause damage to the soft tissues around the ankle with frequent use. The role of viscosupplementation (i.e. Synvisc, Supartz) injections in the ankle joint remains controversial. The effectiveness of injections can decrease overtime.

The decision for surgical intervention occurs when nonoperative management does not alleviate pain for a patient to continue with activities of daily living. Depending on the severity of the condition ankle arthroscopy can help eliminate bone spurs, scar tissue from trauma, and inflamed tissue within the ankle. The gold standard for ankle arthritis is an ankle fusion. It is an excellent procedure to alleviate pain at the ankle joint. Ankle fusion is not entirely without its problems. After an ankle fusion, approximately 50% of patients demonstrate arthritis in nearby joints within 7-10 years. Since the 1990s, interest in total ankle replacement has re-emerged with improved designs. Ankle replacements eliminate the problem of arthritis in other joints, which occur in ankle fusion. The long-term outcomes of ankle replacement are continually being monitored.

Dr. Woods completed his foot & ankle fellowship at the esteemed Florida Orthopaedic Institute in Tampa Bay, FL and received his medical degree from Meharry Medical College in Nashville, TN where he was a member of Alpha Omega Alpha Medical Honor Society.

While completing his internship and residency programs at University of Miami's Jackson Health System, Dr. Woods provided world class treatment for a variety of South Florida patients – including University of Miami Hurricanes athletes.

CLIVE C. WOODS, MD

Member of the American Orthopaedic Foot & Ankle Society (AOFAS)

Dr. Woods' areas of expertise include the use of state of the art medical procedures to treat foot and ankle medical conditions including:

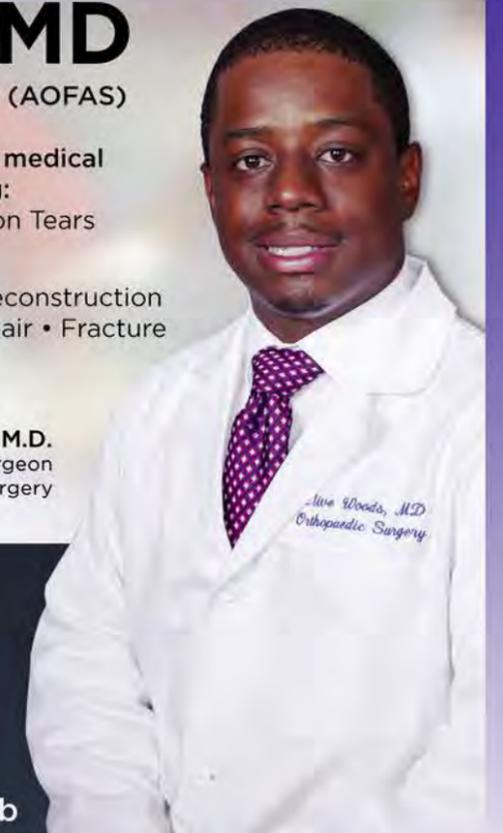
- Bunions • Hammer Toes • Arthritis • Neuromas • Achilles Tendon Tears
- Trauma • Fractures • Flat Foot

His surgical specialties include: • Foot Reconstruction • Ankle Reconstruction • Ankle Replacement • Ankle Arthroscopy • Achilles Tendon Repair • Fracture Repair • Injections • PRP Therapy

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–Dr. Howard J. Gelb



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“Coral Springs, Parkland, and Margate are wonderful communities and we are very eager to bring the finest and most distinctive movie-going experience to its residents. This theater was the theater of choice for area residents. Unfortunately, the prior operator neglected it. Since we are local to the community, we are quite vested in once again making Paragon Coral Square the go-to theater in the marketplace,” said Michael Whalen, CEO of Paragon Theaters. The company has a successful track record when turning older theaters into state-of-the-art facilities with upscale amenities at

affordable prices. Paragon has proven its good intentions and worth by their notable renovation of Paragon Deerfield, later sold to Cinepolis, and the popular Paragon Ridge in Davie, which also features MyPi Custom Pizza and Craft Beer (mypipizza.com).

Paragon Theaters is known for creating partnerships in the community. Many families enjoyed their Free Summer Kid's Movies in 2018, and that program is planned again for this summer. They also offer affordable field trips for schools and camps, a premier fundraiser program that allows non-profits, schools, and sports teams to fairly effortlessly raise money, monthly sensory-friendly screenings that are geared toward children with sensory issues, and birthday and gaming parties.

The upscale amenities are available at truly affordable prices—with movies just \$6 all day every Tuesday and the Paragon Theaters Diamond Rewards Loyalty Program allows enrolled guests to earn points toward free tickets and concession (as well as a free ticket on their birthday). These programs, together with their fantastic amenities and superior guest services, make Paragon Theaters a family-friendly, affordable movie destination.

For more info see www.ParagonTheaters.com

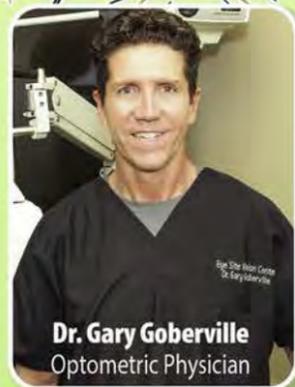


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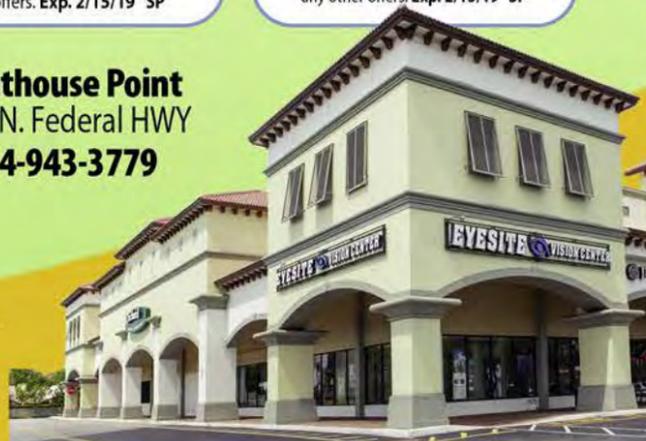
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2019

SPUDs - Water Safety Ambassadors

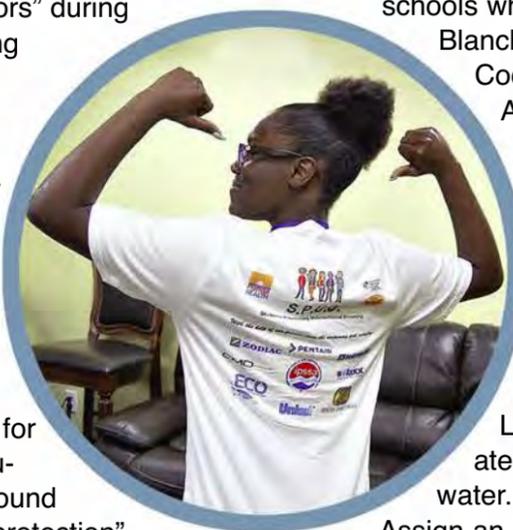
By Bob LaMendola,
Florida Department
of Health in Broward



Below, SPUD volunteer Kimaria Clark shows off her SPUD T-shirt

Small children look up to teen-agers with awe. So who better than teens to teach kids about water safety? That's the premise of SPUD (Students Preventing Unintentional Drowning), a new after-school project created by the Florida Department of Health in Broward County. More than 300 teens at eight high schools have volunteered to act as "water safety ambassadors" during this school year and are learning about drowning prevention.

Drowning is the No. 1 cause of unintentional death among children under age 5 in Broward County. In 2017, eight children under age 5 lost their lives to water. Risks are elevated in Broward, with 125,000 backyard pools and miles of waterways. The best protections are for an adult to watch children exclusively every minute they are around water, and to set up "layers of protection" such as pool fences, locking gates, door alarms and rescue tools. Swimming lessons for children and adults help. "Every drowning is a tragedy that could be prevented," says Dr. Paula Thaqi, Director of DOH-Broward. "The SPUD program is an innovative way to educate our teen-agers, as well as the small children and their parents." The



teens are spending months creating new safety messages that resonate with kids. In the process, they learn a lot about water safety they can share with their families, friends and schoolmates.

As the school year progresses, SPUD teens will make presentations to younger students. The high schools where SPUD is active are Piper, Blanche Ely, Miramar, Stranahan, Coconut Creek, Coral Glades, Boyd Anderson and Deerfield Beach.

The DOH-Broward Drowning Prevention Program focuses on children age 4 and under, ages when kids are fascinated by water and most at risk. Main messages to kids: Don't go near the water without an adult. Learn to swim. Get help immediately if someone is in trouble around water. Main messages to adults:

Assign an adult "water watcher" with a cell phone (ideally a strong swimmer) to watch kids every second they are in or near water. Learn cardiopulmonary resuscitation and how to swim. Set up protective barriers around water.

For further info, call 954-467-4700, Ext. 5695 or cassie.mcGovern@flhealth.gov.

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Up & Coming

Parkland's annual Family Fun Fest Carnival January 11-13 The festivities begin on Friday, January 11th and continue through Sunday. With plenty of rides, games, music, and food for the whole family to enjoy. Admission and parking are free. Single ticket purchases are available, or you can get a \$25 wristband on site for unlimited rides all night long! Held at Pine Trails Park (10555 Trails End, Parkland, FL 33076). Join us for 3 fun-filled days. For more information, please go to www.cityofparkland.org/FFF, call (954) 757-4105 or see ad and article on pages 20 & 21.

Coral Springs Movie in the Park - Sat, January 12 Watch a hit movie on the big outdoor screen from 7:30 to 9 PM at Betti Stradling Park, 10301 Wiles Road. The City's FREE Movie in the Park will feature Sherlock Gnomes, rated PG. Parking and admission are free. Blankets, lawn chairs and coolers are welcome, and refreshments will be available for purchase. Please refrain from bringing glass containers, alcohol and pets. For more info, call 954-345-2200.

Coral Springs 29th Annual Martin Luther King, Jr. Celebration - Thursday, January 17 through Monday, January 21 Diverse events are planned throughout the city to honor the legacy of an incredible man. Please see the ad and article on pages 8-9 for more details. For further info, call Joyce Campos at 954-344-1005.

Parkland Drive-In Movie - Saturday, January 26 Lights, Camera...ACTION! The City of Parkland turns the Equestrian Center (8350 Ranch Road) into the most amazing drive-in movie theater experience at 6:00 PM, when they will show the feature film Small Foot. Equipped with a movie screen that sits 3-stories high and sound transmitted through your FM radio, this is going to be a movie night you won't want to miss! Cars can arrive as early as 4:30 PM. For more info, call 954-757-4105.

Savor the Notes Jazz Brunch - Sunday, January 27 Sponsored by the City of Coral Springs, this Jazz Brunch will feature the award winning JP Taravella Jazz Ensemble followed by main act Yvette Norwood-Tiger. The fun takes place on the new City Hall lawn from 11 a.m. to 3 p.m. Enjoy live music, mimosas, delicious brunch items and local vendors at 9500 W Sample Road, 33065. Lawn chairs and blankets are encouraged, and the location welcomes well-behaved dogs. City Hall is just west of University Drive in Downtown Coral Springs. Plenty of free public parking will be available in the parking garage. For more info, call 954-344-1111

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